

## WHICH IS YOUR BAD CHOLESTEROL



## **RELATED BOOK :**

### **LDL The 'Bad' Cholesterol WebMD**

If you have heart disease or you just want to keep your ticker healthy, you've probably heard the saying already:

"Watch your cholesterol!" The type that puts your heart at risk is LDL, the "bad

<http://ebookslibrary.club/LDL--The-'Bad'-Cholesterol-WebMD.pdf>

### **Facts About LDL The Bad Kind of Cholesterol Health Line**

Cholesterol is a waxy substance that circulates in your blood. Your body uses it to create cells, hormones, and vitamin D. Your liver creates all the cholesterol you need from fats in your diet.

<http://ebookslibrary.club/Facts-About-LDL--The-Bad-Kind-of-Cholesterol-Health-Line.pdf>

### **Which Is Your Bad Cholesterol Hdl Or Ldl How Fast Can**

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### **HDL Good vs LDL Bad Cholesterol Ratio Levels Chart**

HDL cholesterol, the good cholesterol, seems to act as a scavenger and carries LDL, the bad cholesterol out of the arteries and back to the liver. LDL cholesterol contributes to fatty buildups in the arteries ( atherosclerosis ), which results in deposits of cholesterol that narrow the arteries and increases the risk for a heart attack , stroke , other heart diseases, and peripheral artery disease .

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### **Which Is Your Bad Cholesterol Hdl Or Ldl Dr Oz Episode**

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### **LDL Cholesterol The Bad Cholesterol Explained**

LDL cholesterol = [Total cholesterol] [HDL cholesterol] [TG]:2.2 Thus, LDL-C calculations may have limitations when blood triglyceride levels are either high or low. Direct LDL -C measurements are also available, but are less often done due to higher costs.

<http://ebookslibrary.club/LDL-Cholesterol-The--Bad--Cholesterol-Explained.pdf>

### **How to Raise Good Cholesterol and Lower Bad Cholesterol**

Ask your doctor for a cholesterol blood test. High cholesterol does not have overt side effects, but it can be devastating on your health. Illnesses that come from bad cholesterol are serious, and should only be treated by a healthcare professional.

<http://ebookslibrary.club/How-to-Raise-Good-Cholesterol-and-Lower-Bad-Cholesterol--.pdf>

### **How to Lower Your Elevated LDL Cholesterol FH Foundation**

Cholesterol is naturally produced by your body and is essential to its function throughout your everyday life. However, excessively high levels of cholesterol in particular, LDL cholesterol are bad and can lead to serious health problems such as clogged arteries, heart disease, and stroke.

<http://ebookslibrary.club/How-to-Lower-Your-Elevated-LDL-Cholesterol-FH-Foundation.pdf>

### **What is cholesterol Understanding HDL and LDL**

LDL cholesterol is often referred to as "bad cholesterol" because too much is unhealthy. HDL is often referred to as good cholesterol because it is protective. Knowing your levels of these can help explain your risk of heart disease. Your doctor should be able to tell you your levels of good and bad cholesterol.

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### **Cholesterol Top foods to improve your numbers Mayo Clinic**

Oatmeal contains soluble fiber, which reduces your low-density lipoprotein (LDL) cholesterol, the "bad" cholesterol. Soluble fiber is also found in such foods as kidney beans, Brussels sprouts, apples and pears.  
<http://ebookslibrary.club/Cholesterol--Top-foods-to-improve-your-numbers-Mayo-Clinic.pdf>

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